

Run 4 It Proms 3K**6th October 2019****Race Number 1**

Posn	No	Name	Club	Cat	Time
1	622	Jason Kelly	Metro Aberdeen RC	M	09:31
2	690	Michael Barker	Stonehaven	MV	09:57
3	696	Jim Tole	Metro Aberdeen RC	MV	10:02
4	618	Ruairidh Campbell	Metro Aberdeen RC	MV	10:13
5	619	Jamie Coventry	Metro Aberdeen RC	MV	10:13
6	737	Brian Robb	Metro Aberdeen RC	MV	10:34
7	716	Calum Crichton	Fraserburgh RC	M	10:40
8	662	Steven Morrison	Metro Aberdeen RC	M	10:42
9	699	Dave Cornwell	Metro Aberdeen RC	MV	10:51
10	620	Jegors Slobodcikovs	Unattached	M	10:53
11	612	Kenny Wood	Unattached	M	10:56
12	729	Jason Coyle	Unattached	M	10:57
13	672	Emma Watt	Jog Scotland Kintore RC	F	10:58
14	735	Iain Grant	Unattached	M	10:59
15	734	Michael Torburn	Unattached	M	11:01
16	670	Jennifer Harrison	AAAC	F	11:02
17	731	Mark Young	Metro Aberdeen RC	M	11:09
18	689	Ryan Gordon	Stonehaven	M	11:10
19	621	Shelley Duncan	Peterhead AC	F	11:12
20	615	Cameron Robertson	Peterhead AC	MV	11:15
21	657	Craig Anderson	Metro Aberdeen RC	MV	11:19
22	669	Jason Osborne	Newburgh Dunes	MV	11:21
23	661	Julie Hoyle	Jog Scotland Kintore RC	FV	11:26
24	663	Thomas Blair	Jog Scotland Kintore RC	M	11:28
25	733	Charlie Denham	Metro Aberdeen RC	M	11:31
26	671	Keith Dunnett	Metro Aberdeen RC	MV	11:35
27	713	Matthew Tilman	Unattached	M	11:38
28	700	Ross McNeill	Jog Scotland Hazlehead	MV	11:40
29	705	Stuart Murray	Unattached	MV	11:42
30	627	Bruce Alexander	Newburgh Dunes	M	11:44
31	697	Glen Chalmers	Newburgh Dunes	MV	11:44
32	687	Chris Fryer	Unattached	MSV	11:46
33	637	Stuart Gauld	Unattached	MV	11:48
34	684	Lawrence Wattie	Metro Aberdeen RC	MV	11:55
35	632	Andy Traill	Newburgh Dunes	MV	11:56
36	666	Gavin McLennan	Metro Aberdeen RC	MV	12:00
37	728	Greig Ritchie	Unattached	M	12:00
38	736	Mark Perry	Unattached	MV	12:02

39	614	Jennifer Robertson	Peterhead AC	FV	12:14
40	645	Royston Walker	Newburgh Dunes	MV	12:16
41	730	Andy Redman	Metro Aberdeen RC	MSV	12:19
42	727	Chris Goodall	Metro Aberdeen RC	M	12:23
43	617	Mark Cockburn	Newburgh Dunes	M	12:23
44	610	Susan Strachan	Peterhead AC	FV	12:25
45	723	Chloe Sangster	Unattached	F	12:26
46	695	Colin Larmour	Cosmic	MSV	12:28
47	725	Tony McGarva	Metro Aberdeen RC	MSV	12:34
48	616	Greig Cruickshank	Jog Scotland Kintore RC	MSV	12:38
49	703	Donald MacLeod	Unattached	MSV	12:41
50	653	Sarah Bartlett	Jog Scotland Kintore RC	F	12:44
51	651	Chris Carr	Metro Aberdeen RC	M	12:46
52	719	Paul Rayner	Unattached	MSV	12:51
53	646	Graham Watson	Metro Aberdeen RC	M60+	12:52
54	664	Greg Bruce	Fraserburgh RC	M	12:53
55	667	Paul Coxall	Metro Aberdeen RC	MSV	12:54
56	680	David Coutts	Jog Scotland Westhill	MV	12:58
57	659	Ilona Kriauzaite	Metro Aberdeen RC	F	13:01
58	718	Ross Craig	Fleet Feet Tri	M	13:02
59	691	Andy Whyte	Metro Aberdeen RC	MV	13:03
60	739	Olivier Stanzione	Lynx Pack	MV	13:04
61	643	Iain Lindsay	Metro Aberdeen RC	MSV	13:05
62	720	Peter Wood	Unattached	MV	13:05
63	634	Phil Owens	Garioch RR	M60+	13:12
64	658	George Keith	Newburgh Dunes	MV	13:13
65	636	Ailsa Webster	Jog Scotland Westhill	FSV	13:15
66	712	Ali MacIver	Metro Aberdeen RC	MSV	13:17
67	650	Stephen Malloy	Unattached	M	13:21
68	649	Paul Sykes	Unattached	M	13:21
69	623	Morag Thompson	Fraserburgh RC	FV	13:23
70	652	Susan Maciver	Metro Aberdeen RC	FSV	13:25
71	721	Mark Finlay	Unattached	MSV	13:28
72	626	Laura Barrie	Metro Aberdeen RC	F	13:29
73	668	Finlay Park	Unattached	M	13:32
74	685	Craig McGowan	Unattached	M	13:34
75	625	Helen Duguid	Unattached	F	13:36
76	688	Drew Cameron	Unattached	M	13:40
77	654	Leanne Kitchener	Jog Scotland Kintore RC	F	13:42
78	676	Richard Burnett	Unattached	M	13:47
79	682	John Colegrave	Cosmic	M60+	13:49
80	624	David Abernethy	Fraserburgh RC	MSV	13:54

81	640	Ryan Adam	Unattached	MV	13:54
82	714	Paul Bate	Metro Aberdeen RC	MSV	13:55
83	677	Paul Hewitt	Unattached	MV	13:57
84	726	Nicola Goodall	Unattached	F	13:58
85	644	Birgitte Stevens	Metro Aberdeen RC	FV	13:58
86	630	Frank Campbell	Metro Aberdeen RC	MV	13:59
87	639	Demi Beattie	Jog Scotland Kintore	F	13:59
88	648	Murray Bryce	Cosmic	M60+	14:03
89	704	Kevin Mitchell	Unattached	M	14:04
90	698	Clare Bond	Unattached	FV	14:04
91	694	John Duff	Metro Aberdeen RC	M70+	14:11
92	660	Anne Sutherland	Jog Scotland Kintore RC	FV	14:16
93	679	Robin Dillaway	Unattached	MV	14:08
94	673	Rosemary Leiper	Metro Aberdeen RC	F60+	14:20
95	722	Pauline Larmour	Cosmic	FSV	14:24
96	715	Robin White	Unattached	M	14:26
97	656	Michael Kinsella	Jog Scotland Kintore RC	M	14:30
98	655	Lauren Knowles	Jog Scotland Kintore RC	F	14:30
99	611	Steve Clark	Metro Aberdeen RC	M60+	14:39
100	629	Naomi Milne	Metro Aberdeen RC	F	14:40
101	686	Neil MacBain	Unattached	MSV	14:41
102	675	Caris Strachan	Newburgh Dunes	F	14:46
103	702	Janice Mitchell	Unattached	F	14:50
104	631	Lana Hadden	Metro Aberdeen RC	F60+	15:03
105	613	Cynthia Fry	Unattached	FSV	15:08
106	683	Kerry Anderson	Jog Scotland Kintore RC	FV	15:09
107	701	Ian Thom	Metro Aberdeen RC	M60+	15:11
108	724	Ian Cran	Garioch RR	M60+	15:15
109	665	Michelle Brearley	Metro Aberdeen RC	FV	15:19
110	628	Gail Irvine	Garioch Gazelles	F	15:23
111	635	Sheila Gauld	Jog Scotland Westhill	F60+	15:27
112	710	Rhona Moore	Jog Scotland B.O.D.	F	15:40
113	711	Arash Saharie	Fleet Feet Tri	MSV	15:41
114	681	Giancarlo Rizzi	Unattached	MSV	15:43
115	738	Ian Williamson	Lynx Pack	M60+	15:51
116	707	Colin Taylor	Cosmic	MSV	16:03
117	709	Kay Leslie	Jog Scotland B.O.D.	FSV	16:04
118	717	Les Nicol	Metro Aberdeen RC	M70+	16:18
119	706	Russell Gray	Unattached	MSV	16:24
120	638	Carol Adam	Jog Scotland Newmachar	FSV	16:24
121	708	Petra Walker	Jog Scotland Kintore RC	FV	16:44
122	674	Heather Cruickshank	Unattached	F	17:18
123	647	Bob Masson	Lynx Pack	M70+	17:24
124	642	Alison McGee	Peterhead AC	FV	17:59

125	678	Matt Gill	Unattached	M	18:09
126	732	Victor Timofejev	Unattached	M	18:56
127	641	Tracy Weston	Fraserburgh RC	FSV	20:30
128	692	Louise Whitelaw	Unattached	F	20:44
129	693	Tony Hayman	Unattached	M60+	20:45